

# What's your sleep environment like?

**POOR sleep environment = POOR sleep quality & quantity**

**Create a sleep conducive environment:**



## QUIET

Try to find a quiet room , if not use earplugs or sound generator to drown out noises.

## COOL & HUMID

Optimum room temperature is 17 - 22°C , optimum humidity is 30 - 50%. If it's too warm, open a window or use a fan. If it's too dry, use a humidifier.



## DARK

Make the room dark, use black-out curtains and when necessary an eye mask.



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Need help finding products to create your sleep conducive environment?

Visit our website for a list of our preferred products:

[https://sleepanddreams.com/?page\\_id=5899](https://sleepanddreams.com/?page_id=5899)